

AAU MINNESOTA DISTRICT STATE CHAMPIONSHIP



Hosted by YFDS's Track Minnesota Elite
YFDS.org

June 22 & 23 2024

Brooklyn Center HS
6500 Humboldt Avenue
Brooklyn Center
Minnesota



Qualification:

Any youth 18 years who does not turn 19 prior to Aug 3rd
and under who has a current AAU membership

Qualifiers

Top 16 in each event qualifies to
the AAU Region 14
Championship June 27 – 30
Mounds View High HS

EVENT DETAILS & MEET INFORMATION

Meet Directors: Dawn Johnson dlbj42@gmail.com
Melvin Anderson info@yfdeterminedtosucceed.org

Online Entry Question or Issues support@coacho.com

Registration: [Coacho.com](https://www.coacho.com) **Deadline: June 21 10pm**

Packet Pick Up: 8:30 am at the track

Location: **Brooklyn Center High School
6500 Humboldt Avenue North
Brooklyn Center, MN 55430**

NO Pets Allowed

Admissions: Spectators: **\$10.00 Per Day**
Coaches: **Free (Up to 5 Coaches)**
5 & under: **Free**

One (1) Coach's band will be provided for every 20 athletes entered (no limits). Anyone without a wristband will be required to pay admissions. Replacement coach's bands. will be \$7.00.

REGISTRATION

Membership: A valid 2024 AAU membership is required to participate. Visit www.aauathletics.com to purchase a current membership. AAU memberships cannot be purchased at the event facility.

Entry Fee: The entry fee is \$25.00 per athlete. All fees are non-transferable and non-refundable.

Entry Deadline: Registration must be paid by credit card online at www.coacho.com. Entries must be submitted **NO LATER than 10PM, Friday June 21, 2024.** **There will be a \$15.00 surcharge for each registration received after deadline.**

Age Divisions: Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. YEAR OF BIRTH determines the division in which the athletes must compete. Competing in the wrong age division is grounds for disqualification.

Division	Year of Birth	Age in 2024
8 & under	2016 & After	8 or younger
9 year old	2015	9
10 year old	2014	10
11 year old	2013	11
12 year old	2012	12
13 year old	2011	13
14 year old	2010	14
15-16 year olds	2009-2008	15 or 16
17-18 year olds	2007-2006	17 or 18

Note: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games shall be eligible to compete in the Young Men's or Young Women's age division.

Proof of Age: Proof of age may be required at District, Regional Qualifier and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. U.S. Military Government Identification Card
3. A valid passport
4. A valid U.S. driver's license.

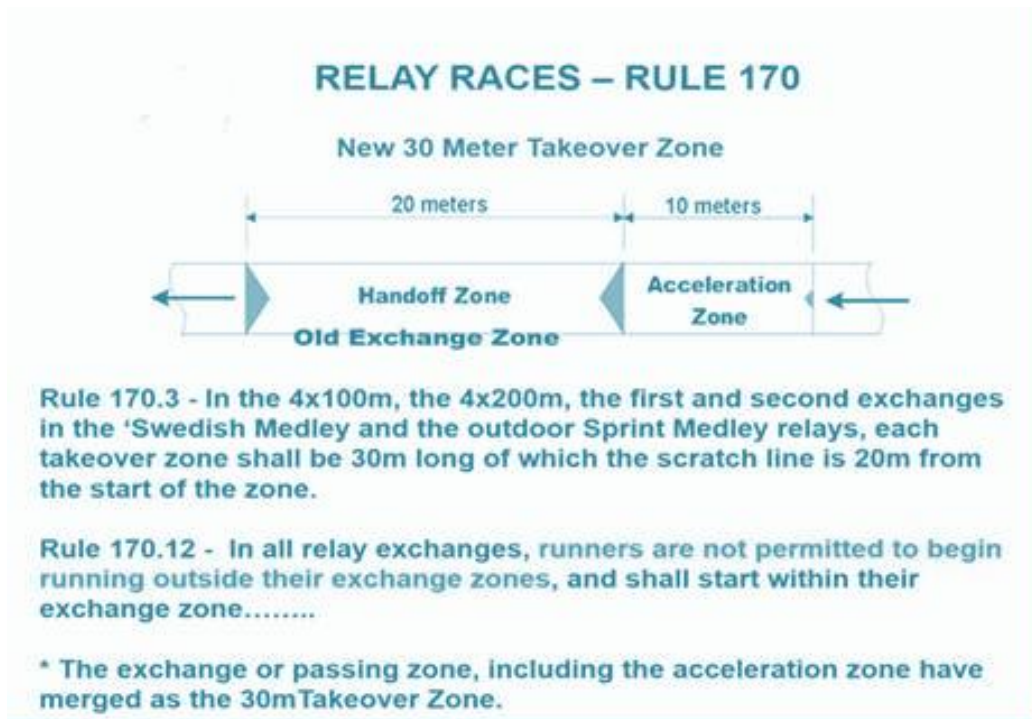
Event Limits: 8 & under, 9, 10, 11 and 12-year olds: Maximum of 3 events.
13, 14, 15 & 16 and 17 & 18 year olds: Maximum of 4 events.

Relay Teams: Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the 8 & under, 9 & 10, 11 & 12, 13 & 14, 15 & 16, 17 & 18 divisions **ONLY**. These ages may run in the same division **ONLY IN THE RELAYS**. An entry in a relay is considered one of each athlete's individual entries.

Competition Rule: Relay Races: (This rule has been adopted by AAU Track & Field)

4x100m exchange zone shall be 30m long, of which the scratch line is 30m from the start of the zone.



ATHLETES AND COACHES

Check-in: A packet will be provided for each team containing competition numbers, athlete wristbands, any applicable coach's wristbands, and a team roster. A team representative will be responsible for picking up the packets. Packets can be picked up at the track 1 hour prior to the start of the meet. Athletes must wear their issued wristbands for the entire competition. Lost bib numbers or wristbands will be replaced at a cost of \$5.00 per incident.

- Awards/ Advancement:** AAU Medals will be awarded to places first (1st) through third (3rd) for individual and relay events. Top five (5) track and field athletes and relay teams, and top three (3) multi-event athletes, will advance to the AAU Jr. Olympic Games. Athletes aged 13-18 entered into the javelin as well as the multi-events will have the option to use multi-event marks for individual performances. Steeplechase entrants will be automatically advanced.
- Equipment:** Starting blocks, shot puts and turbo javelins will be provided by meet management. All other field event athletes should bring their own personal implements. Personal implements must obtain clearance prior to use and will not be released until the end of the competition for that age group. Batons will not be provided.
- Facility:** Brooklyn Center High School track is an 8-lane all-weather surface. **Only** pyramid spikes measuring ¼" or smaller will be allowed on the track. Any violation of this rule will result in disqualification.
- Waivers:** Athletes scheduled to take a college entrance exam (ACT/SAT) will be waived to the National Qualifier upon receipt of proper documentation by **Friday, June 1st, 2024**. Email proper documentation to aauwaivers@aausports.org and not to the meet director/coordinator.
- Trainer:** A certified trainer will be on site for each day of the meet.
- Access to Track:** Access to the track and infield will be reserved strictly for the Meet Director, designated coaches, meet workers, and competing athletes. Any parents or unauthorized individuals on the track or in the field, will result in a disqualification of their athlete or team. **THIS RULE WILL BE STRICTLY ENFORCED** and is required to keep the meet running smoothly and without incident.
- Coaches Meeting:** A coaches' meeting will be held on **Saturday at 8:25 am** in the clerking area.
- Protest:** Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately, but in any case, not more than 30 minutes after the results have been announced. A **\$100.00** cash deposit must accompany the protest. When the Referee renders his/her decision, an appeal must be made to the Jury of Appeals. The decision of the Jury of Appeals will be final.
- IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.**
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- Meet Sanction:** The 2024 AAU State Championship will be governed under the code guidelines and follow competitive rules as outlined in the AAU Youth Athletics Handbook.
- Tents:** Tents and canopies will be allowed in designated areas. Umbrellas are allowed in the stands, however, please be courteous to other spectators behind you. **Umbrellas should not obstruct views.** Violators will be asked to remove their umbrellas.
- Food and Drink:** A full-service concessions stand will be available at the meet as well as a hospitality area for meet staff and officials. No outside fast food will be permitted inside the gates. Small drink coolers will be allowed for spectators. Team coolers will be allowed with a coach present. **Only** water will be allowed in the track and field areas.
- Inclement Weather:** The Meet Director has the option of delaying or temporarily suspending the meet in the event of inclement weather, and resuming when weather permits. The format of the meet may be adjusted after a weather delay if deemed appropriate by the Meet Director and the Meet Committee. Everyone will be required to exit the stadium in the event of lightening or severe weather conditions. It will be your responsibility to remain in the area in preparation for the continuation of the meet. Meet personnel will **NOT** be held responsible for a missed event.

SCHEDULE OF EVENTS: TRACK EVENTS SATURDAY 6/22/24

ALL EVENTS WILL BE RUN ON A ROLLING SCHEDULE. CHECK-IN ½ HOUR BEFORE EVENT.

10:00 am	3000M Run	11/12 G&B	13/14 G&B	15/16 G&B	17/18 Women/Men		
10:30 am	Hurdle Prelims (8 or fewer run as finals)	80M Hurdles 11/12 G&B 8-30"	100M Hurdles 13/14 Girls 10-30"	100M Hurdles 13/14 Boys 10-33"	100M Hurdles 15/16 Girls 10-33"	100M Hurdles 17/18 Women 10-33"	110M Hurdles 15/16 B 17/18 M 10-39"
11:15 am	100M Prelims	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
1:00 pm	200/400M Hurdles	13/14 G&B	15/16 G	17/18 W	15/16 B	17/18 M	
1:30 pm	200M	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
3:00 pm	800M Prelims	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
4:15 pm	4x100 Finals	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M

SCHEDULE OF EVENTS: FIELD EVENTS SATURDAY 6/22/24

	High Jump	Long Jump	Shot Put	Discus	
9:00 am	11/12 Girls 3'11"	15/16 & 17/18 Girls	15/16G & 17/18W 4kg	13/14 Boys 1KG	
10:30 am	11/12 Boy 3'11"	15/16 & 17/18 Men	15/16B & 17/18M 12lbs	13/14 Girls 1KG	
11:00 pm	15/16 & 17/18 Girls 4'9"	Lunch Break	13/14 Girls 6 lbs.	11/12 Girls 1.0 kg	
12:00 pm	Lunch Break	11G & 12G	13/14 Boys 4 kg	11/12 Boys 1.0 kg	
1:15 pm	15/16 & 17/18 Men 5' 7"	11B & 12B	Lunch Break	Lunch Break	
2:00 pm			11/12 Girls 6lbs. Boys 6lbs.	15/16 & 17/18 Girls 1.0 kg Boys 1.6 kg	
2:45		8 & Under G&B	11/12 Boys 6lbs.	15/16 & 17/18 Girls 600G	
3:30		9 & 10 GB			

SCHEDULE OF EVENTS: TRACK EVENTS SUNDAY 6/23/24

ALL EVENTS WILL BE RUN ON A ROLLING SCHEDULE. CHECK-IN ½ HOUR BEFORE EVENT.

10:00 am	1500M	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
10:45 am	80/100/110 Meter hurdle finals	11/12 G&B 8-30" 80H	13/14 G 10- 30" B 10-33" 100H	15/16 G 10-33" 100H	17/18 W 10-33" 100H	15/16 B 10-39" 110H	17/18 M 10-39" 110H
11:30 am	100M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
12:00 pm	400M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
1:30 pm	Racewalk (1500 & 3000)						
2:00 pm	4 x 800 M Relays	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 W&M	15/16 W&M	17/18 W&M
2:30 pm	200M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
3:30 pm	4 X 400M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M

SCHEDULE OF EVENTS: FIELD EVENTS SUNDAY 6/23/24

	High Jump	Long Jump	Triple Jump	Shot Put	*Javelin	
9:30 am	9 & 10 B 4 Jumps 3'3"	13/14G 4 Jumps			8 & U / 9/10 G&B Turbo 300 g	
10:15 am	9/10 G 4 Jumps 3'1"	13/14B 4 Jumps		8 G&B 4 lbs.	11/12 Girls/Boys Turbo 400 g	
11:00 am	Lunch Break			9&10 G 6 lbs.	13/14 Girls/Boys Girls/Boys 600 g	
11:45 am			All Report	9&10 B 6 lbs.	15/16 & 17/18 Girls 600 g	
12:00 pm	13/14 G 4 Jumps 4'3"				15/16 & 17/18 Boys 800 g	
12:45 pm	13/14 B 4 Jumps 4'9"					



**GETTING IT DONE
25 YEARS LATER**



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